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## Out of the Freezer Into the Oven

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*Angel food cakes may be frozen and stored for a long period of time under suitable conditions*

**A**N entire meal prepared in only the few minutes necessary to thaw a container of frozen foods is the latest development on the quick-freeze front. Plates of well-balanced meals, stored in the freezing unit, may save much time for the overworked homemaker.

Modern developments in the quick-freeze method to preserve food have widened food horizons and are providing innumerable possibilities for commercial food concerns. Many of these companies have already done considerable experimental work on new products such as frozen baked foods, pie mixes, meat stews, salads and fruit juices. Some of these items have been placed on the retail market.

During World War II frozen foods companies were urged to develop methods of packing individual servings of foods so that an entire meal might be frozen and ready to serve anywhere at any time by merely thawing and heating. Experiments were made on meat dishes with trimmings such as a slice of cinnamon apple for veal steak or raisin sauce with ham. Vegetables were prepared with cream sauce or butter, and green salads were mixed and ready to eat. Desserts including pies and puddings of various kinds also were packed in individual cartons. Institutions may find it convenient to use such individually packed servings when time and cooking facilities are limited. Considerable work also has been done on freezing an entire meal for one person, so that the busy homemaker may merely place a plate of ready-to-serve frozen food in

*Attractively decorated canapes may be future frozen foodstuffs ready for instant serving after thawing*



# Out of the Freezer-- Into the Oven

*by Marian Hoppe*

the oven and have it on the table in the brief time it takes to thaw the food and heat it to serving temperature.

The field of baked food products alone holds many possibilities for freezing. It is possible that tomorrow's food market will display pies, cakes, yeast rolls and other baked products frozen either before or after baking. The advantage of these frozen foods over the freshly baked products is that they may be stored for a long period of time, if the temperature is low enough



*Frozen hors d'oeuvres facilitate quick preparation*

to prevent thawing. In this way the homemaker may have baked foods on hand at any time.

A six-ounce tin of frozen orange juice concentrate has recently been placed on the market. The concentrated juice is mixed with water and will provide 24 ounces of regular juice.

Not only are these new possibilities in quick-frozen foods of importance to the commercial firms, but the homemaker herself will find it practical in many cases to freeze baked products and other ready-to-serve foods in her own freezer. Since it is expected that the quick freezer for the home will be produced on a larger scale now that the war has ended, there will be a great demand for information for the homemaker regarding methods of preparing products for freezing and for storing the frozen products.

Containers for the various newly developed quick-frozen foods will be in demand when the production of the foods takes place in large-scale proportions. Those cartons now being used are appropriate for quick-frozen vegetables and fruits, but new packages will have to be designed for frozen pies and cakes.

Much experimental work will need to be done before quick freezing can spread to include foods from all sections of the cook book, but odds are high that before long it will be possible to buy and to freeze at home many new types of foods.